

## C O N F E R E N C E R E V I E W

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I LOVED the Evolution Conference! I have to be honest that I had never heard of Robert Sapolsky prior to this conference, but found him to be fully captivating and enchanting. His presentation seemed to have elements of Steven Hawking and Woody Allen woven into a breathless narrative capable of bringing meaning despite your own level of ignorance or brilliance. That was quite an experience. I had heard of, but not attended a talk from Daniel Amen before. He is quite popular here as Dallas is one of his central bases. I found him to be a very enjoyable speaker who had a warm, friendly style and I'm sure that the audience really loved him. Andrew Weil, of course, has a very broad reputation as well. He is an excellent speaker, and positioning him on the slate with Amen and Sapolsky led to a stellar day. Overall, I think that the continuity of the themes with slightly different view-points added a depth to the material.

Salvador Minuchin was touching and gentle. He provided a historical context that really provided a metaphor for the entire Evolution and the process behind it. I don't think that anyone felt anything but privilege at witnessing that presentation. The positioning of Minuchin close to Beck was also masterful. It must have been a little rattling to have such an important event via video conferencing, but it was brilliant. Having Aaron Beck's daughter, Judith, also a well known cognitive behavioral therapist, there as moderator was a beautiful touch. Amazing how capable and bright Aaron Beck continues to be! And it was an excellent choice to feature him at the technological cutting edge. [He appeared by means of wide-screen video conference]. One segment I especially enjoyed was when an individual in the audience asked a rather convoluted question. Judy had restated all the questions prior to that one, but she passed. With all eyes on Beck, he admitted that he didn't understand the question. It was a feeling of honest exposure that brought to attention that neither Judy, nor many from the audience, including me, had

*See CONFERENCE on next page*

understood the question. His direct and forthright dealing with the muddle expressed the depth of his honesty and integrity.

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